



Gido
Amagakure

1

sweetness
& lightning

稲妻と甘々 1

Sweetness & Lightning
Gido Amagohara

雨 隠 丰 ト



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147

MORNING,

DADDY!





Okay!

BRACK

はーん

はーん
SWAY

Yes, sir!

Watch it while you eat break-fast.

Sure, sure.

Daddy, can I watch *Magi-Girl*?

I can't find my pink *Hagi-Girl* outfit!

Daddy!

I've gotta buy cherry tomatoes...

Hold on a second.

You won't get away that easily!

Page 200: Sakura, Fried Chicken Left: Jelly





Sign Math Prep Room





Look how thin he's getting, though!

I think we need to feed him something.



He kind of has to.

His daughter's still little, you know?

And it's got a bar-

That's a shame.



I tried cooking once, but...

I've never been a big eater.

Don't worry about me.

Momoya-sensei, that's really none of your business.



Lately even the convenience store boxed lunches have the right amount of calories and nutrition.

Yeah. It's a big help.

BWA-HA!

Cute!

...it caused my daughter to make a face I'd never seen before..











I know
she's
busy...

So I
started
thinking
about how
she made
it.

But the
food was
good, even
though I'm
alone.

And
so...
...I got
mad.



I see.

...I started
crying,
for some
reason.

...and
then...

As I ate,
I just kept
remember-
ing things...



Let...

All my
your-
self?

SORRY,
I ALREADY
ATE IT
ALL.

All by
my-
self!



Was it
that
good?

PROO
tail





card Restaurant Request





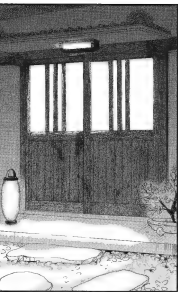












The

light

of

hope...







*See translator's note at the end of the volume.









I'm fine.

Cause
you...

...you can't
cook, can
you?

WHEN I WENT
CAMPING, THIS IS
HOW WE MEASURED
THE WATER.

That's
for
cooking
rice over
a camp-
fire...



Maybe...
you're
right.

Yeah.



It's...
probably
ready.



Wow...

Sake!

*I've
heard it
tastes
better if
you mix
in a little
sake.*

I think...



BEEP!

14:59

14:59



- Post -



3/10-11
21-22



"You don't have to put so much effort into it every time."

"But you never eat anything."

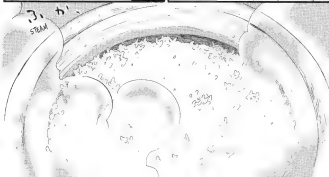


"Kôhei-san! Dinner's ready!"

"I want you to eat something good."



"I'm putting my soul into every meal."











Put it on!
Put it on
and let's
eat!

Make
food?
Make
food?

I found some
pickled greens
and miso beef
and seaweed!

Look!

Top-
pings!

Um...

O-oh!

Can't
wait!



I promise
you...

Tsu-
mugi.

Water

Hmm?

Water

Water



*...so let's
eat it and
enjoy it
together.*

*From
now
on...
Daddy's
gonna
make you
good
food like
this...*



Really?!



*Yup!
Sure
thing!*

*With
Daddy?
I can
eat with
Daddy?!*





*Would
you eat
with me?*



*Could we
cook and eat
together?*

Sensei!



*When am I
gonna get
meat and
stuff?*

は
HUH?

DONABE RICE

Ingredients ☆ Series 8-+

☆ 1 1/2 cups rice
☆ 480 ml. water

Try to use between 12 and 13 times
as much water as rice.

Amount of water

Shrimp

- 1 Wash the rice, then pour it and the water into the donabe. Cover and heat on medium high. When it seems ready to boil over, turn the heat to low and cook for 10 minutes.



Point

Add a bit of flavor to
your rice - a little salt.

- 2 Turn the heat to high for 30 seconds. Then turn off the heat and let it
simmer for ten minutes. Remove the lid and stir.

Point

You can adjust the amount of water and
the heat settings to your taste.

How to clean rice
to make it delicious

Shrimp

- 1 Put the rice in a metal strainer. Soak the whole thing in a bowl filled
with water. Stir the rice around with your hands and then lift it out
of the water.
- 2 Continue to stir the rice without putting it back into the water. Stir
it quickly but gently.
- 3 Get a fresh bowl of water and wash the rice again. Make sure the rice grains are
getting rinsed off. Strain and stir. Repeat.
- 4 When the water no longer clouds up, strain the rice and let it sit for
30 minutes in the sun or in the water (to absorb the moisture).



I love rice!

What you
add to it in
the water
the whole
time.

What you
add to it in
the water
the whole
time.

This
series like
rice. Fully
absorb the
water!
It's been
finished.



Chapter 2 | Pork Miso Soup and Restaurant Lights







The first one okay.

I see.

Then I'll seal away the rest of them.



And I like this one, too! It's soft and yummy! And round and cute!

This one's got an animal picture on the inside, and it's yummy.



Oh, right. Tsumugi!

Are there any of these you like?

For boxed lunches?

*Foodbox: Edamame Veggie Miso Shrimp Macaroni
Corn Bread, Horoscope Included.*



Daddy promised you...

Seal them away? Why?

Right?

...that he'd do his best to cook for you.

Food...



Well...

Maybe not...

I wish there was a button for making cooking come...

And with Kotori-chan?!

*Could we
cook and eat
together?*









*It doesn't
have to be
every day.*

*I don't
have a
dad...*

*...so
there's
nobody
else I can
rely on.*

*Just
come
here
once in a
while...*

*...turn
on the
lights...*

*...and make
something
to eat
with me.*



HUKE?

*My mom will
be fine with it
since you're
a teacher!*

*And it's
not like
we don't
know you.*

*So you are
from my
school...*

Yes.



Have you still
not learned the
names of your
students?

You're my
assistant
homeroom
teacher.

Kotori Iida,
class 1-A.



I'll...
GO HOME
AND THINK
ABOUT IT.









I don't know which.



Tsumugi, you really like that place, don't you?



It's Kotori-chan's house!



Is it a park?

It's me enjoying the Salisbury steak with egg on top that she worked super hard to make!



1204

1205



You seemed to get along with her, too!

This is your assistant homeroom teacher, Inuzuka. I'd like to meet your mother from the other day. Please let me know when she has time. Thanks. Kōhei Inuzuka



Thank you. My mom
will be here
Wednesday night.
Please eat with us.
And bring Tsumugi-
chan!

Class 1-A
Kotori Iida

DEEP
to
o
/!

That
was
fast.

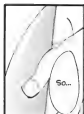
















What about you?



Tearing it apart looks fun.



I'm no good at cooking either...

...but there's nothing embarrassing about not being able to do something.



I...



You tear the konnyaku apart and parboil it to reduce bitterness and soften it up.

Package: Konnyaku



...I cut myself
really badly.

When
I was
little...



I'm
scared...

...of
knives.



Knives
scare me.



I'm
sorry.



Oh, I
see...





You
wanted
someone
to do the
cutting
for you.



Sob

Yes.



You were having
trouble, and I
like to eat, and
I can be a taste
tester...

I thought
it was
a really
good idea,
but...



I wish
I could
do it.

My mom's
always
busy, and
I know it
would help
her.

But
I just
can't.







Parboil the meat first... and then boil...

Brother Kotori's side





Now
it's
your
turn.



It makes
your
shoulders
stiff..

Cook-
ing...



*Tsumugi
makes
the
menu!*

Hey!
Hey!

*Bring
me
tape!*

*Daddy
cuts!*

*Kotori-
chan
tastes!*



Seasoning
it is what
I'm worst
at.

Also...

...please
taste
it.



Is it
okay if
we tape
it up?

Yes,
it's
fine.

We'll take
it down
before we
go home.













Let's
do this
again
soon.

I wanted to make
a bunch of other
rules...
...but
we can
do that
next
time.



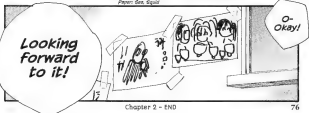
And
so did
Tsumugi.
So...

I had fun
running around
the kitchen
making food
with you.

Huh?



Paper: Gex, Squid



Looking
forward
to it!

O-
Okay!

MISO PORK SOUP



☆Ingredients☆ Serves 2-3

7 cm daikon radish
1/2 carrot
1/2 green onion
1/3 burdock root
1 potato
150 g pork (brisket)

1/2 block konnyaku
4 snow pea pods
1 pouch fried tofu
1 Tbsp sesame oil
800 ml dashi stock
4 Tbsp miso



"We are going
to eat our
soup!"
Yachi

Shiro



"Miso
soup."

1. Cut the carrots and daikon radish into quarter rounds, then cut the green onion into 1 cm slices. Chop the burdock root in the diagonal slices and place in cold water. Cut the potatoes and pork into bite-sized pieces. Tear the konnyaku into bite-sized chunks and then parboil. Parboil the snow peas and the fried tofu. Drain.



① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩ ⑪ ⑫ ⑬ ⑭ ⑮ ⑯ ⑰ ⑱ ⑲ ⑳ ㉑ ㉒ ㉓ ㉔ ㉕ ㉖ ㉗ ㉘ ㉙ ㉚ ㉛ ㉜ ㉝ ㉞ ㉟ ㊱ ㊲ ㊳ ㊴ ㊵ ㊶ ㊷ ㊸ ㊹ ㊺ ㊻ ㊼ ㊽ ㊾ ㊿ ㏀ ㏁ ㏂ ㏃ ㏄ ㏅ ㏆ ㏇ ㏈ ㏉ ㏊ ㏋ ㏌ ㏍ ㏎ ㏏ ㏐ ㏑ ㏒ ㏓ ㏔ ㏕ ㏖ ㏗ ㏘ ㏙ ㏚ ㏛ ㏜ ㏝ ㏞ ㏟ ㏠ ㏡ ㏢ ㏣ ㏤ ㏥ ㏦ ㏧ ㏨ ㏩ ㏪ ㏫ ㏬ ㏭ ㏮ ㏯ ㏰ ㏱ ㏲ ㏳ ㏴ ㏵ ㏶ ㏷ ㏸ ㏹ ㏺ ㏻ ㏼ ㏽ ㏾ ㏿ 㐀 㐁 㐂 㐃 㐄 㐅 㐆 㐇 㐈 㐉 㐊 㐋 㐌 㐍 㐎 㐏 㐐 㐑 㐒 㐓 㐔 㐕 㐖 㐗 㐘 㐙 㐚 㐛 㐜 㐝 㐞 㐟 㐠 㐡 㐢 㐣 㐤 㐥 㐦 㐧 㐨 㐩 㐪 㐫 㐬 㐭 㐮 㐯 㐰 㐱 㐲 㐳 㐴 㐵 㐶 㐷 㐸 㐹 㐺 㐻 㐼 㐽 㐾 㐿 㑀 㑁 㑂 㑃 㑄 㑅 㑆 㑇 㑈 㑉 㑊 㑋 㑌 㑍 㑎 㑏 㑐 㑑 㑒 㑓 㑔 㑕 㑖 㑗 㑘 㑙 㑚 㑛 㑜 㑝 㑞 㑟 㑠 㑡 㑢 㑣 㑤 㑥 㑦 㑧 㑨 㑩 㑪 㑫 㑬 㑭 㑮 㑯 㑰 㑱 㑲 㑳 㑴 㑵 㑶 㑷 㑸 㑹 㑺 㑻 㑼 㑽 㑾 㑿 㒀 㒁 㒂 㒃 㒄 㒅 㒆 㒇 㒈 㒉 㒊 㒋 㒌 㒍 㒎 㒏 㒐 㒑 㒒 㒓 㒔 㒕 㒖 㒗 㒘 㒙 㒚 㒛 㒜 㒝 㒞 㒟 㒠 㒡 㒢 㒣 㒤 㒥 㒦 㒧 㒨 㒩 㒪 㒫 㒬 㒭 㒮 㒯 㒰 㒱 㒲 㒳 㒴 㒵 㒶 㒷 㒸 㒹 㒺 㒻 㒼 㒽 㒾 㒿 㓀 㓁 㓂 㓃 㓄 㓅 㓆 㓇 㓈 㓉 㓊 㓋 㓌 㓍 㓎 㓏 㓐 㓑 㓒 㓓 㓔 㓕 㓖 㓗 㓘 㓙 㓚 㓛 㓜 㓝 㓞 㓟 㓠 㓡 㓢 㓣 㓤 㓥 㓦 㓧 㓨 㓩 㓪 㓫 㓬 㓭 㓮 㓯 㓰 㓱 㓲 㓳 㓴 㓵 㓶 㓷 㓸 㓹 㓺 㓻 㓼 㓽 㓾 㓿 㔀 㔁 㔂 㔃 㔄 㔅 㔆 㔇 㔈 㔉 㔊 㔋 㔌 㔍 㔎 㔏 㔐 㔑 㔒 㔓 㔔 㔕 㔖 㔗 㔘 㔙 㔚 㔛 㔜 㔝 㔞 㔟 㔠 㔡 㔢 㔣 㔤 㔥 㔦 㔧 㔨 㔩 㔪 㔫 㔬 㔭 㔮 㔯 㔰 㔱 㔲 㔳 㔴 㔵 㔶 㔷 㔸 㔹 㔺 㔻 㔼 㔽 㔾 㔿 㕀 㕁 㕂 㕃 㕄 㕅 㕆 㕇 㕈 㕉 㕊 㕋 㕌 㕍 㕎 㕏 㕐 㕑 㕒 㕓 㕔 㕕 㕖 㕗 㕘 㕙 㕚 㕛 㕜 㕝 㕞 㕟 㕠 㕡 㕢 㕣 㕤 㕥 㕦 㕧 㕨 㕩 㕪 㕫 㕬 㕭 㕮 㕯 㕰 㕱 㕲 㕳 㕴 㕵 㕶 㕷 㕸 㕹 㕺 㕻 㕼 㕽 㕾 㕿 㖀 㖁 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BE SURE TO
WATCH!

A two hour special
tonight at 7!

Quiz Academy G3
Knowledge

So tonight
at seven,
it's the Quiz
Academy
KnowKnow
Special!
With special
guest...

...cooking
researcher
Megumi Iida!

We're here
with the
two guys
from High-
Low PD and
Taka Megu-
san!

?!

Ha
ha
ha!

Iida-san,
please
stick
to the
script.

YAAAA!

Kotori! You
watching? Your
mom's gonna do
her best!

...AND MY
MOM WAS
WEARING
A SAILOR
UNIFORM.



I turned
on the
TV in the
morning...



GROUP

100
7

Even for
TV, there
are some
things you
shouldn't
do!



No
way.

I mean,
just, no
way!

100
7

GROUP

Yeah.

It's not
like she's
really
become a
celebrity,
though.

So is
this why
your
mom is
busy?



Is
that
the
prob-
lem?

I've never
even worn
a sailor
uniform!



And it
looked
great
on her.

Oh...

I BURNED THE SCRAMBLED EGGS.

Oh.

Hmm?

After I put in the miso, I put the heat on a little...

...and it boiled down, so I added more hot water...

But you were able to make the miso soup, right?

How was breakfast, by the way?

ざわ
わ
MURMUR

Uh?

I see.

Sensei, are you afraid of food not being cooked all the way?

ざわ
わ
MURMUR





Tsumugi-chan,
you're coming
to play over
at my place
today, right?

Can't
wait!

Yeah/
Daddy
says
thank
you!

Let's
clean
up,
okay?



OKAY!

Your
parents
will be here
soon!

Every-
one!



.....

Thank
you!!

It's
fine!
Feel!



Huh?

Yup!

PILED

Are you
taking
that?

HIGH



Ts...
Tsumugi-
chan...



Hey!

That's
not
fair!



Oh!
They
gave it
to me!

Oh
my.
What's
all that
clay?







Tsumugi!

There's been a little trouble with my daughter.

Oh
getcha
Sure
Get
going
I'll
be
the
vice
principal



So,
uh...

Tsumugi
and
Mio-
kun are...

No, it's
okay.
Thank you.

Inuzuka-san,
sorry to call
you like this.



**I did
not!**

Tsumugi-
chan
scratched
me!

A
few
to
let
it



...over
there.









Yeah.

He said a mean thing to you, didn't he?



I know. You're not a thief, Tsumugi.



They gave me the clay...

I'm not a thief.



Okay.

There, there.

my 2
nylons
gon
n



Daddy doesn't want you to be called a thief, either, even if it's a misunderstanding.

To sort things out.

Why?

Hey. Why don't we buy some clay at home so you can give theirs back?





*Let's
stew
it!*

*We'll
make
stewed
Salisbury
steak!*



*It's hard
to get
the tem-
perature
right on
Salisbury
steak,
right?*

*Oh...
about
that.*



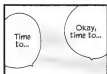
*So now,
Sensei...*

*...I'm
going to
have you
mince the
onions!*



*You don't
have to
worry about
under-
cooking the
middle!*

Oh, I see.















Tsumugi!



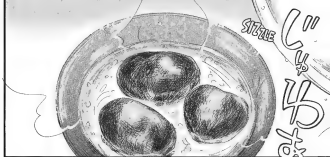
*Even if you did
the wrong thing
by accident, I
still love you!*

*You're
not a bad
girl!*

*I'll love you,
no matter
what kind of
girl you are!*









It's good...



dad
(三)

3



Waaaaa-

Dad-
dy!

W...

Waaaaa h h!



W...

W...

W...



Waaaaa-

...you've
always
been a
good girl.

Tsumugi...

Daaaaad-
dyyyyy!

Tsu-
mugi...





Chapter 3 - END



The Promised **SALISBURY STEAK**

☆ Ingredients ☆ Serves 2

300 g mixed ground pork and beef

1 onion

1/2 egg

4 Tbsp bread crumbs

2 Tbsp milk

1/2 tsp salt

dash of pepper

1 Tbsp olive oil

One serving
uses up eggs for
main portion



Sauce

(A) 1 clove garlic (minced) 2 bay leaves

1 400 g can diced tomatoes

(B) 1/2 tsp salt dash of pepper



1. Mince the **onion** and cook it thoroughly in the **olive oil** until translucent then take it out and let cool. **Saute** the **breadcrumbs** in the milk. Beat the **egg**.

2. Put the **meat** into a bowl and mix with **salt** and **pepper** until combined. Add the ingredients from **Step 1** (reserving half of the onion) and mix until it starts to stick together.

3. Divide what you made in **Step 1** into three or four portions and toss them between your hands to help the meat bind. Shape into patties and make a little depression in the middle using your finger.

4. Using the frying pan from **Step 1** cook the patties from **3**. (If it's not a non-stick frying pan, put down some oil.) Cook on medium heat.

5. Add a small amount of **olive oil** to the frying pan from **Step 4**. Add **sauce** ingredients **A** and cook on low heat. Once they start to smell good, put in the rest of the **onions** from **Step 1** and the **cooked tomatoes**. Add the ingredients from **5** and **stew** for about 5 minutes. Then return the patties to the pan, cover, and **stew** for 1 minute.

6. Take out the **bay leaves**, then reduce the **sauce**, stirring occasionally so it doesn't burn.

♡ You can use a **slow-cook** egg-cooked **beef** of **meat**.

You can add **beef** cubes, **beef**, or **beef** to the **sauce**.



The **onion** of the **egg** plan you eat at 10.



Let's go
see a
movie!

Come
over
to my
place!

Are you
going
some-
where for
Golden
Week*P

We're
going to
Disney.

*See translator's note at
the end of the volume.

...I think I'll be taking
work home, but I'm
taking the whole
day off on
the fifth
to have
fun.

I've got
club
activities
every day!

Are
you going
anywhere with
your daughter,
Inuzuka-
sensei?

Golden
week, huh? I
used to
go on
trips and
stuff.

... we're
going
on a
picnic!

For
Golden
Week...





Good morning!

Good morning!

And so...

Sorry to come so early.

No, it's totally fine!

Let's work together and make...

...a lunch filled with stuff!

Good morning!





... if I make
a really
delicious
lunch, she'll
be so sur-
prised!

So...



That's right.
I haven't
had time to
really talk
to her
lately.

I can't
spend too
much
time
with her
because of
cooking!

Your
mom's
really
busy,
isn't
she?



I bet
she'll be
really
happy.

She will
be sur-
prised.



You're
right.







Fried chicken?

And now we start the fried chicken...



Then we drain and marinate the vegetables.

If you don't mind write down what you put in and how much.



I'm taste-testing everything, okay?



Fried chicken!

Fried chicken!

Let's eat it!

The Fried chicken?

I love fried chicken!

Yes. We marinate it in a sauce with garlic, grated ginger, sake, and lots of soy sauce, and then...

Once it soaks up the flavor, we fry it!



W-We're making the fried chicken later...

I wanna make fried chicken, too!

But I wanna... but I wanna!

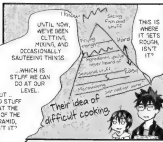
Right, right.





*New translator's note at the end of this volume.







Tamagoyaki is when you pile a bunch of thin, thin layers of egg on top of each other!

It's sweet!



Sensei, that's not...



Y-YOU'RE ABSOLUTELY RIGHT.



That's what tamagoyaki is, right?



Looks like you're not getting out of it, Sensei. Heh heh.



I want to...



Maybe I'm still upset about burning the eggs the other day.



I thought it would be better than failing.

I wasn't trying to get out of it.



...that will get Tsumugi all excited.

...make a delicious lunch...



I want to make her happy...

...just like you want to make your mom happy.



I think that...



...having seen how hard you worked to make it...



No, no.

Heh.

At least, I would be if I were her.



Thank you.

No.



...but if I had a dad, maybe this is what he'd be like.

I don't know...

Okay.

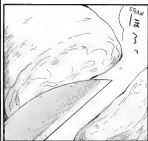


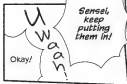
She'll be happy.

...she won't care if it's good or not.









Sensei,
keep
putting
them in!

JERK

SIZZLE



Take them
out and then
put them
back in!
Out, out!

Sensei,
two-
step
frying!

WAAH

Waaaaah!

Sensei!
Put
them
in!

Then
put
them
in!

Let
them
rest!







The fried chicken goes here.



'Cause it's white?

Same with the chikuma!

Yup!



Heaven's up above, so that's where you put the eggs!



It's a fried chicken form!



Sneaking a bite is the best part of packing lunch!

I'm gonna do it, too!



There's one left over.



Are you allowed to do that?

Is that okay?





















Wow
...!



Yum...



Proo!
I'm not
eating
celery!

Maybe
she
just...

...doesn't
want to
eat the
same
thing
again.



The
sauceP!

It's
good!

What's
this sweet
'n spicy
stuff with
the sesame
seedsP

But the
ones without
the sweet
and spicy
sauce are
also good!



The fried
chicken
is so
yummy!

Fried
chicken!!

Fried
chicken!!

Bouncy
bouncy!

You
really do
love meat,
don't you,
TsumugiP



I can't
eat any
more.

You
eat the
celery,
Daddy!

Celery!
Eat the
celery!

I
feel...

...so
full...

Sweet and Spicy FRIED CHICKEN

☆ Ingredients ☆ Serves 3-4

800 g chicken (winged)
a little potato starch

cold water
1/2 tbsp white sesame seeds

- (A) 3 Tbsp soy sauce 1 Tbsp salt
1 tsp ground ginger 1 tsp minced garlic
- (B) 2 Tbsp soy sauce 1 Tbsp sugar 1 Tbsp rice



- 1 Cut chicken into bite-sized chunks and soak in cold water for 10 minutes.
- 2 Take the chicken out of the water and gently pat dry. Mix the ingredients listed in A and marinate chicken for 10 minutes.
- 3 Lightly coat the chicken with starch and fry on 160°C for 4 minutes and a half. When the surface turns light brown, take the pieces out and let them rest for 3 minutes, increase the oil temperature to 180°C and fry again for 40 seconds.



- 4 Put all the ingredients listed in B into a saucepan and mix. Place the pan on medium heat. Once it boils down, add the white sesame seeds.
- 5 Pour it evenly over B.









mmm
lemon

it



if you're that interested in her, ask her to join us!

lida-san froze while she's eating.

Oh look

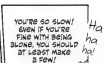
Yeah, ask her yourself.



She doesn't seem to be embarrassed about eating alone. Maybe she has a policy or something...

B-but she's always eating something during breaks.









Thank you very much.

Yes.

It's fine. I'll be right there.

Oh.



I see.

No cough.

A fever. I see.

So how's she doing?



Sorry. I'll be going home early.



Sen-sei?

Oh, Tsunagi is...

That is, my kid isn't feeling well...

Ah!









The special...

Okay, if there's anything you want to eat, let me know.









They moved to the living room.



As long
as I have
these strong
Feelings and
a heart that
believes...

...my wish
will come
true!

I won't
give up!







Can 100% Peach







*See chawan-mushi's recipe at the end of the volume





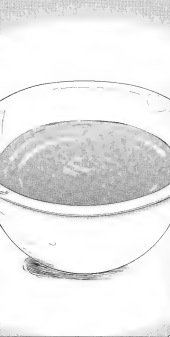
If you're going to make something, do you want me to help?





*See translator's note at the end of the volume.









*See translator's note at the end of the volume.





chor

Right!



So
leave it
to me.

chor

I've
been...
...starting
to really
like it.



But let's
add more
and not
spice

Ooh...
It looks
delicious
already...

When
should we
cook the
somen
noodles?

Oh, I
want to
cool the
chawan-
mushi
first.



...harder
vegetables
into the
stock
first.

Put
the...









It's so good...



CHAWANMUSHI

❗ Dashi Stock

- Ingredients (serves 4):
 1 L water
 40 g katsuobushi
 10 cm sq piece kombu

Katsuobushi will add some umami and a hint of wood



For my dashi stock, I use kombu, katsuobushi, and a hint of wood

Sheep



- Put the **water** and **kombu** into a stockpot on medium heat, and **boil out** the kombu just before it boils.
- Add the **katsuobushi** to the pot. Once the **katsuobushi** starts to sink, turn off the heat and remove kombu from the stock's surface. Once the **katsuobushi** is completely soft, strain them gently.

A POINT If you squeeze the **katsuobushi** when you strain them, the dashi won't taste right, so be careful!

❗ Chawanmushi

Ingredients (serves 4):

3 eggs, kamaboko, mitsuba to taste

- ❶ 450 cc dashi stock (3x the amount of eggs)
 1 tsp soy sauce, 1 tsp salt, 1 tsp sake



Tasty! Green eggs or white!

-POW!

You can add what you like you want! Green: chawan, shiitake mushrooms, 3x white, green, etc.



Sheep

- Beat the **eggs**, making sure that bubbles don't form. Add the ingredients from **❶** carefully and then strain.
- Put the **kamaboko** into bite-sized pieces. Place a couple in the bottom of each dish before pouring in the egg mix from **step 1**. Cover each cup with aluminum foil.
- Fill a big pot with water about one third of the height of the cups and heat. When the water boils, put the cups from **step 2** into the pot. Put the lid on the pot loosely, and after 3 minutes turn to low heat.
- After the cups steam for 15-20 minutes, remove and place mitsuba on the egg surface. Sealed with aluminum foil and let steam a little longer.



LET'S
MAKE
OUR HIGH
SCHOOL
DEBUT!

It's Almost Time for High School

...YOU'LL BE A
LOT EASIER TO
APPROACH AND
MAKE LOTS OF
FRIENDS!

YOU LOOK PRETTY
GOOD, SO IF YOU CAN
JUST GET RID OF
THE GLASSES...

I don't
think I
need to do
that!

Huh?

Sumi Akemi

signs: A Real Optometrist, We Have Contacts

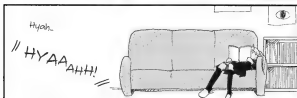
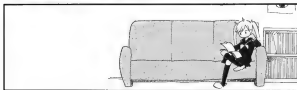
SO
THIS
IS IT,
HUH?

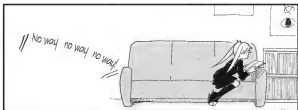
She's
really
thinking
about
me.

Come on
let's be
super-
popular
together!

Yeah

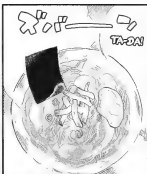
Okay





Signs: Ramen, Ramen, Cheese





Afterword



See you next volume!

雨隠 才助
Gido Amagakure

Thank you!

Koz, Gon-chan, Tsuru-san, W-yama-san

O-hara-san, M-chan, E-san, Nori-chan

T-shiro-sama, Jun Abe-sama

Research Support: Tabegoto-ya Norabo-sama

Cooking Advisor: Yo Tatewaki-sama

Thank you for all for your help!

Translation Notes

Donabe, page 26: A special type of clay pot used for cooking over an open flame.

Konnyaku, page 59: A starch plant also known as "Devil's Apron." It's made into a gelatin form and used as an ingredient in Japanese dishes.

Golden Week, page 113: In early May, a series of holidays form a week of vacation, allowing many students and families to travel or spend time together.

Shirasu, page 117: Dried baby anchovies.

Chikuwa, page 117: A tube-shaped food product made from fish paste, starch, and other ingredients.

Konbu, page 122: A type of seaweed.

Chawanmushi, page 164: A savory custard-like meal eaten as a main dish in Japan.

Ngauamen, page 166: Noodles with milk.

Katsuobushi, page 167: Dried, fermented skipjack tuna.

Kamaboko, page 171: A type of fish paste.

...the
Inuzuka
House-
hold.

Disaster
strikes...



Tsumugi
doesn't
want to
eat her
green
peppers.

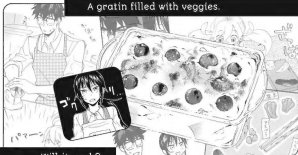


The
dinner
table
freezes.



Daddy will do his best
so that Tsumugi can
enjoy her veggies!!

A gratin filled with veggies.



Will it work?

Will Tsumugi smile...



...and say it's delicious?

甘々と稲妻 sweetness & lightning 2

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